



California 2006 Challenge

The Indian Health Service, California Area, invites all tribal communities & organizations to participate in the
Just Move It – California 2006 Challenge.

The challenge is a virtual walk throughout California Indian Country, covering 4,581 miles or 9,192,000 steps! It supports ongoing efforts of Tribal/Urban healthcare program to increase physical activity and build community wellness through physical activity programs. The virtual walk can be incorporated into physical activity programs already in place or can be used to start a new program. Every 2000 steps or 15 minutes of physical activity will equal one mile.

Just Move It is a physical activity campaign emphasizing community partnerships, with the idea that fitness can be fun. The goal is to get 1 million American Indians and Alaska Natives to ***Just Move It***, with a mission of working together to build and strengthen healthy communities. California Area ***Just Move It*** partnerships grew to twenty during the first year of the national campaign, representing over 13 Tribal/Urban healthcare programs and AI/AN organizations. The California Area Indian Health Service works to support current partners and encourages new partners.

As part of the Annual Tribal Leaders' Consultation Conference's fun walk ***Just Move It – California 2006 Challenge*** will be launched. Participants will receive a ***Just Move It – California 2006 Challenge*** T-shirt. Additionally, participating Tribal/Urban healthcare programs will receive T-shirts to help support their current physical activity efforts or to assist implementing a virtual walk. The goal is to complete the 4,581 miles representing the distance traveled visiting all Tribal/Urban Indian healthcare programs that support AI/AN in California. The distance may be completed independently or as a group. Tribal/Urban healthcare programs will receive a ***Just Move It – California 2006 Challenge*** stamp that can be used to verify participation and completion.

